

Healthy Living – Leading a Healthier Lifestyle

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What we aim to cover

- ▶ Benefits of healthy eating
 - ▶ What we need from our diet
 - ▶ What constitutes a healthy diet
 - ▶ Practical ways to help people improve their diet
 - ▶ Understand food labels
 - ▶ Know the recommendations for exercise, and consider how this can be achieved
 - ▶ Understand what would increase your risk of lifestyle/diet related disease, and how you might influence this.
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Why Should we Eat a Healthy Diet?

A Healthy diet can:

- ▶ Help us achieve or maintain a healthy weight.
 - ▶ Help us to stay fit and active and minimise developing long term conditions
 - ▶ Keep our bowels regular and healthy.
 - ▶ Help avoid vitamin and mineral deficiencies.
 - ▶ Help keep our bones strong (prevent osteoporosis and other bone disease)
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Common lifestyle diseases, linked to a poor diet

- ▶ Obesity
 - ▶ Diabetes
 - ▶ Heart Disease
 - ▶ Stroke
 - ▶ Some types of cancer
 - ▶ Mobility/joint problems
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What Makes A Healthy Diet?

Variety, Adequacy and Balance:

- ▶ If we consume a wide **variety** of foods we are more likely to get everything we need
- ▶ We may lose weight and feel very tired and become ill if our diet is not **adequate**, but consuming too much food will make us overweight
- ▶ We need to ensure that we take an **adequate** amount of fluid to prevent us becoming dehydrated
- ▶ Getting the **Balance** right ensures that we get enough of each nutrient, but not too much of anything

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 10-48kJ/ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
12.5%	LOW	LOW	HIGH	MED
7%	6.5%	38%	15%	

of an adult's reference intake

Typical values (as sold) per 100g: 607kJ/ 147kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Fluid Intake



- ▶ Important to keep hydrated
- ▶ Some fluid comes from our food, but most comes from drinks
- ▶ Aim to drink approx 8–10 glasses per day
- ▶ First signs of dehydration: dark urine, low urine volume, headaches, low energy, lightheaded, constipation

Fluid Choices

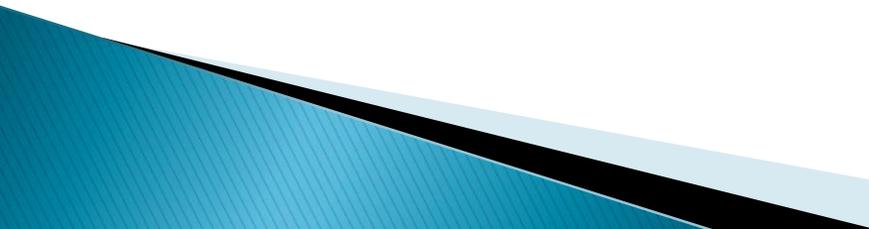
- ▶ Choose sugar free/no added sugar
 - ▶ Water is the healthiest choice
 - ▶ Milk – skimmed, 1% fat or semi skimmed
 - ▶ Fresh fruit juice/Smoothies – no more than one small glass per day
 - ▶ Keep fizzy drinks as a treat
 - ▶ Tea and coffee should not be your only source of fluid
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Sugar

- ▶ The Scottish population tend to eat too much sugar
- ▶ Too much sugar may mean too many calories, and result in weight gain
- ▶ Sugar can lead to dental decay
- ▶ Try and be sugar savy – some sources are better than others



Cutting down on sugar

- ▶ Swap to sugar free breakfast cereal
 - ▶ Go easy on jam, honey, choc spreads
 - ▶ Choose cooking sauces carefully/cook from scratch
 - ▶ Cut down on biscuits, cakes, sweets – choose healthier snack options
 - ▶ Have yoghurt or fruit in place of puddings
 - ▶ Choose low sugar drinks
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Good fats versus bad

- ▶ Need some fat as part of a healthy diet, for essential fatty acids and to help absorb vitamins
- ▶ An excess of any type of fat can cause weight gain
- ▶ Two main types – Unsaturated fats and Saturated fats;
 - Health problems are linked to an excessive intake of saturates

Cutting down on saturated fat

- ▶ We eat too much saturated fat in the UK, which can have an adverse effect on our cholesterol. This can result in increased risk heart disease/stroke.
- ▶ Trim visible fat from meat, remove skin from chicken
- ▶ Use low fat/reduced fat options
- ▶ Avoid processed foods
- ▶ Use fats and oils sparingly
- ▶ Healthy cooking methods



Cutting down on salt

- ▶ A diet high in salt can increase blood pressure.
 - ▶ High blood pressure increases risk of heart disease and stroke
 - ▶ Avoid adding salt to food
 - ▶ Cut down on high salt foods
 - ▶ Adults should eat no more than 6g salt per day
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Calories / Energy balance

- ▶ Food provides energy, physical activity burns energy
 - ▶ Eating less and exercising more helps people lose weight/prevents weight gain.
 - ▶ Excess energy (calories) is stored as fat
 - ▶ Having knowledge of the calories in different types of food can help us make healthy choices
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Healthy food swaps

Breakfast: Frosties with full cream milk, white toast with butter and jam

Lunch: Tinned tomato soup, White bread cheese sandwich, crisps and a Kitkat chocolate biscuit

Supper: Mince, mealie, roast and boiled tatties and 5 carrot circles. Syrup sponge and custard.

Snacks: 2 chocolate digestives, 1 bar chocolate

Drinks: 1 can coke (full sugar), 3 glasses fresh fruit juice, 3 cups coffee with 2 sugars.

Understanding Food Labels

- ▶ **Use by** – don't use if date has passed, and ensure store food correctly
 - ▶ **Best before** – about quality, not safety
 - ▶ **Ingredients** – listed in descending order of ingredient content
– If sugar or fat/oil high up, likely to have high content.
 - ▶ **Other words for sugar** – Sucrose, Maltose, Glucose syrup/powder, Honey, Dextrose, Invert sugar syrup, Molasses, hydrolysed starch
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Understanding Food Labels

▶ Nutrition Information

Energy – Calories

Fat – Some labels list different types, e.g. Polyunsaturates, Monounsaturates, Saturates. Others just list total fat

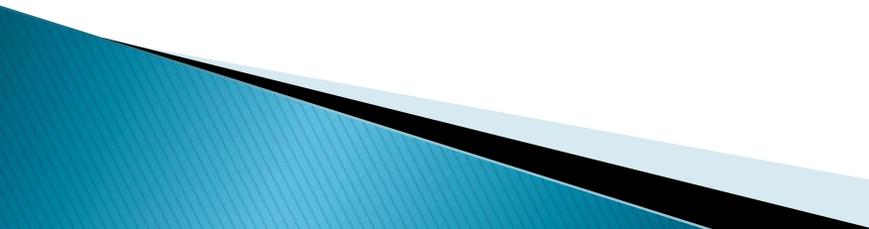
Carbohydrate – Total carbohydrate includes sugar and starches. ‘Of which sugars’ tells you how much sugar is in a product.

Sodium – Tells you how much salt is in a product
New EU legislation to be passed in 2016, to enforce that nutrition information must be given.

Remember – does the nutrition information give you content per 100g or per portion?

Understanding Food Labels

Nutrition Claims

- **Low fat** – Should contain less than 3g fat per 100g
 - **Light or Lite** – Must be at least 30% lower. No guarantee that a healthy choice.
 - **Healthy eating logos** – May be lower in fat, sugar or salt, but not necessarily all at once
 - **No added sugar/unsweetened** – may still contain natural sugars/have a high sugar content
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Understanding Food Labels

▶ A lot per 100g:

- 17.5g fat or more
- 5g saturated fat or more
- 1.5g or more
- 22.5g sugar or more

▶ A little per 100g:

- 3g fat or less
- 1.5g saturated fat or less
- 0.3g salt or less
- 5g sugar or less



Reading Food Labels

Foods

For 100g FOOD				
	LOW	MEDIUM	HIGH	
Fat	≤ 3.0g/ 100g	>3.0g to ≤ 17.5g/ 100g	>17.5g/ 100g	>21g/ portion
Saturates	≤1.5g/ 100g	>1.5g to ≤ 5.0g/ 100g	>5.0g/ 100g	>6.0g/ portion
(Total) sugars	≤ 5.0g/ 100g	>5.0g and ≤ 22.5g/ 100g	>22.5g/ 100g	>27g/ portion
Salt	≤ 0.3g/ 100g	>0.3g to ≤ 1.5g/ 100g	>1.5g/ 100g	>1.8g/ portion
Fibre	Higher the fibre the better, 3g or more per 100g.			
Portion size criteria apply to portions/ serving sizes greater than 100g				

Drinks

For 100ml DRINK				
	LOW	MEDIUM	HIGH	
Fat	≤ 1.5g/ 100ml	>1.5g to ≤ 8.75g/ 100ml	>8.75g/ 100g	>10.5g/ portion
Saturates	≤0.75g/ 100ml	>0.75g to ≤ 2.5g/ 100ml	>2.5g/ 100g	>3g/ portion
(Total) sugars	≤ 2.5g/ 100ml	>2.5g to ≤ 11.25g/ 100ml	>11.25g/ 100g	>13.5g/ portion
Salt	≤ 0.3g/ 100ml	>0.3g to ≤ 0.75g/ 100g	>0.75g/ 100g	>0.9g/ portion
Portion size criteria apply to portions/ serving sizes greater than 150ml				

For healthier eating go for more greens and ambers and less reds.

Exercise

- ▶ To keep healthy – 30 mins moderate intensity physical activity most days
 - ▶ Simple Lifestyle changes, e.g. stairs instead of lift, walking one more bus stop
 - ▶ You don't have to do the exercise all at one go e.g. could split in to two 15 min sessions
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How could we reduce our risk of Long Term Conditions?

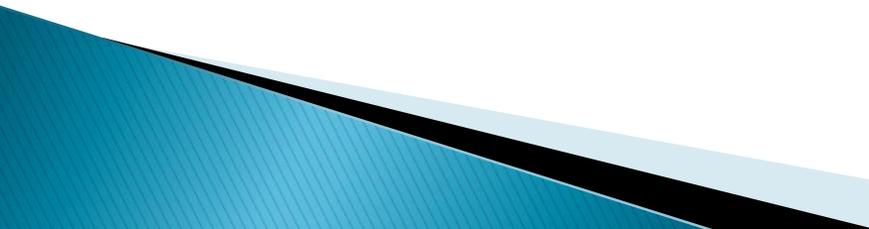
▶ Non-Modifiable Risk Factors

- Age
- Gender
- Family History
- Genetics

▶ Modifiable Risk Factors

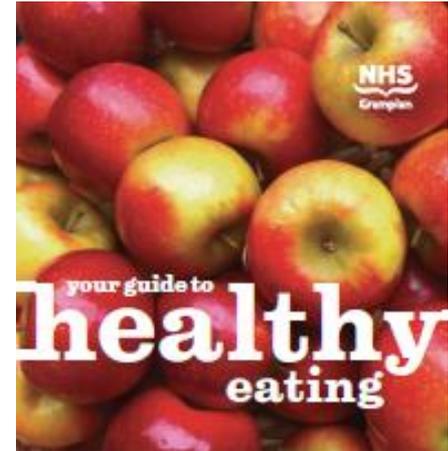
- Smoking
- Physical Activity
- Alcohol
- Obesity
- Diet
- High Blood Pressure
- High Cholesterol Levels

8 Tips for healthy eating

1. Base your meals on starchy foods (one third of the foods you eat over the day)
 2. Eat lots of fruit and vegetables – at least 5 a day
 3. Eat more fish – at least 2 portions a week, including at least 1 portion oily fish
 4. Cut down on saturated fat and sugar
 5. Eat less salt
 6. Get active and be a healthy weight
 7. Don't get thirsty
 8. Don't skip breakfast
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Resources – Leaflets

- ▶ Healthy Eating Leaflet
- ▶ Give me 5
- ▶ Healthy Helpings
- ▶ Physical Activity Leaflets



Resources – web-based

- ▶ NHS Choices– Live Well
 - ▶ 23 and ½ hours video clip
 - ▶ Diabetes UK
 - ▶ British Heart Foundation
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Thank You

